RECOVERY KERNEL

MUDZWISI WEKUTANGISA: METHEDRONE.

4-Methoxymethcathinone (bk-PMMA) — Nezvakakosha Zvekushandiswa Kwechinhu Chinomwe Panguva Imwe.

Bhuku iri riri nekuti kuze zvinhu zviite zvakanaka kana uchida kuti uchene zvakachena, hazvifanire kungobva pa "methedrone" chete, asi pazvimwe zvose zvaunenge wauripo.

⚠ CHITINHO CHEKUBATSIRA - ISIRI KUTORWA SECHOKURAPA | Nguva yekedemari: fona 994 kana utumire meseji ku988.

Zvazvo zviri mumutauro uyu zvinonyanya kutarisa chinhu chimwe chete nekuti runyararo rwegore remishonga rinowanzoitika nechinangwa chimwechetezvo. Methedrone inosiyana nenzira imwe: kushandiswa kwayo kwe serotonin uye kuoma kwekuita se-MAO inhibitor kunoreva kuti nguva inonyanya kutyisa mukugumisa methedrone haisi runyararo pachinzvimbo, asi kusangana kwezvisiri zvakagadzirwa nemishonga, zvinogona kunge zvakanyorwa kana kuti asina. Bhuku iri rinotarisira chinhu ichi sechimwe chinonyanya kukosha, kwete sekutaura tsika.

Section 0 - Chengetedzo Yekupfuura: Verengai Izvi Pakutanga.

⚠ KUKURUWA KWEMWEDZI.

KANA WAITIRA METHEDRONE UYE WAKARORWA NEMEDICATION YEKUTANGA SEMUYO INE AKATANGISA SSRI, SNRI, MAOI, TRAMADOL, DEXTROMETHORPHAN, TRIPTANS, ST. JOHN'S WORT, KANA MEDICATION IMWE INO INOGONA KUWEDZERA SEROTONIN. ZVINOKWANISA KUITA MUMAHOURAS AKASHINGA UYE KUYITIKA NEMHUME. TORA DHAYA REKUPEPERA (994) KANA UENDE KUMUCHATO WEKUTANGA SEMUYO KWEMWEDziro:

* KUKANGANISWA KANA KUSADZIDZA
* KUDZAMA KWEMWOYO
* KADERERA KWECHIPOCHE
* MAKUVARA AKATONDA
* KUCHIRA KWEMAZINO
* KUTONGA KWEMASO
* KUNYANYA KWENYU
* KUKORORA KWEMUPEPU
* DIARRHEA
* KUDZIMWA - ZVESE IZVI ZVINOKWANISA KUITA PAMWE.

Triadhi ye serotonin syndrome, dzichisimbiswa zvakajeka:

- Kuziva kwehunhu - kushushwa, kusavhunduka, kusagadzikana.
- Kusanzwisiswa - kutonhora, mwoyo ukanaka nekukurumidza, ropa rakawanda, kurasikirira, utsinye.
- Kukonzwa kwevamwe vakatadza - kunyanyisa kufamba, kushanduka kwemuviri, kufamba-famba (myoclonus), kufamba-famba zvisina kukodzera, kusagona kuchengetedza zvinhu.

Chero chinhu chakafanana neiyi, kunyanya kana ichiitwa pamwe chete nemutano wekumwe, inzvimbo yekukanganisa. Zvitonge zvakakosha kuti vatauri vekukururama vazive zvesarudzo dzinenge dzapihwa uye mishonga yaiiswa mumuviri - izvi zvinogadzirisa maitiro ekutarisira.

⚠ YERAI

Itauru iri harina kupa nhanho dzekuderedza kushandiswa kwehutsinye zvakanyanya, chirongwa chekuderera midziyo, kana mirairo yekushandisa methedrone. Hakuna protocol yakagadzirirwa zvekurapa inova yechokwadi yedambudziko iri, uye nekuda kwenzvimbo dzekuroorana dzakafukidzwa mune itauru iyi, kuyedza kuronga zvamuriita pachako kwekusununguka kunenge ne ngozi kupfuura nezvinhu zhinji zvimwe zvemuenzi uyu. Zvaaitauru iri inopa pane imwe sarudzo ndiyo yekuita kuti uve nechokwadi chekuti unowana rubatsiro rwakarurama kubva kune vese vanoona uye kunzwisisa kuti muviri wako nepfungwa yako zviri kuita.

Sezheni 1 — Nei zvakakosha kuti tive nechokwadi chekuti tiri kushandisa mishonga yakawanda.

THE CENTURION - Mabhizano Anogona Kuita Zvakanganisa.

Methedrone inzvimbo huru ye serotonin ne norepinephrine transporter inhibitor uye releaser, uye inoratidzawo kushanda kwe monoamine oxidase (MAOI) kunonakidzwa uye kunogona kuzadziswa. Pachake, izvi zvinokanganisa manzwiro ayo akanyanya uye marongero ekubviswa kwazvo. Kana ikabatana nemimwe yemirwi inonyudza serotonin — antidepressant se SSRI kana SNRI, MAOI (inofanirwa kana isiri), tramadol, dextromethorphan, triptans, St. John's Wort, kana imwe yemishonga inonyudza serotonin — ngozi haisi kuwedzera, asi kushanda kwakanaka. Izvi zvinofanana nemaitiro akatevera maererano nezvakaratidzwa nezvekubatanidzwa kwe MDMA ne SSRI, uye zvakawedzerwa nekushanda kunonakidzwa kwe MAOI kwe methedrone uye nehurefu hwazvo hwekupisa kwemishonga mumuviri, izvo zvinogadzirisa kuti kushanda uku kucharamba kuri. Iyo nguva yekurapa inenge yakareba kupfuura yevanhu vakawanda vanoshandisa zvinonzi "cathinone".

Ndege zvino kuti 'polypharmacy' muchibvumirano chino haisi kungoreva zvinangwa zvakawanda zvekushandisa zviduku, asi inosanganisirawo manereremendera akanyorwa, mamwe mareshitorendi, uye zvinowedzerwa. Kukurukura nezvekurega kushandisa methedrone pasina kuongorora zvinhu zvose zvaanenge achishandisa mumuviri wake hazviwanzoitika, uye neizvi zviduku, kukurukura kusave kwakazara kunounza ngozi chaiyo.

Sezheni 2 - Nhoroino yeKudzima.

THE CENTURION — Neiwe kuti nei iyi inogara kwenguva refu kupfuura mamwe matambudziko akaita se"cathinone crash".

Nguva yekudzikira kweiyo methedrone (maererano nemabviro ezvakatjirwa, inenge mazuva ese) iri pachena kupfuura iyayo yeiyo mephedrone kana methylone. Izvozvi zvinoreva kuti, pakutanga, zvinhu zvekusanzwa uye kutanga kwezviratidzo zvekuderera zvinongoitika nekukurumazana uye dzinogona kuchinja nekukurumazana kupfuura "crash" inenge yakadzama uye yakangoita nekukurumazana iyo inoitika neakatjirwa akawanda.

Zvinoreva chikamu chemwimbi, kana kuti nguva yakatarwa.	Fenesta yakajairwa.	Chii chakaitika?
Kuderera kwepfungwa kunenge kuchangamuka.	12-48 maawa apo patakazoshandiswa zvake.	Kunonzi kunenge zvakanyanya, kufara kwediki, uye kusagadzikana - izvi zvinotevera nekukurumidza kupfuura kwezvimedu zvepakudya (stimulants) nekuda kwekugara kwenguva refu kweiyi chinhu.
Kubva pakudzoka kwechipiri.	Mazuva 2 kusvika pa10.	Mamhepo, kusaziva zvakanaka, kusagadzikana kwekurara, kushungurudzika, shanduko mumiro yekudya - kazhinji inenge nemamirwe akaderera uye akadaro ekudedera kupfuura kupera kwemishonga inonyadzisa.
Kuisirwa.	Zvichemo zve2-6.	Kudzoka kwegadziriro yetsinga uye kudyidzana kunoitika zvishoma nezvishoma; mhepo inoramba ichinetsa.
PAWS	Mwedzi 1-12	Kunenge zvakangoita kunyanya, kufara kwakadzikira, kuzvitenda kwekutsvakurudza uye kuda zvinogona kuve zvinoitika sezvo masisitimu e-serotonini ne-dopamine achiri kukura.

Itauri 3 - Zvinotora Nguva Dzese Kusvikira Zvazvinoita Sezvakanga?

Kwemakore kana kushandiswa kwezvisikidzwa zvishoma-shoma, vanhu vazhinji vanotarisa kuti zviratidzo zvepakarepo zvanyatsogadziriswa mumwedzi mumwe kusvika miviri. Nekushandiswa kazhinji uye kwenguva refu, nhanho yekudzoka yepamwoyo - nguva iyo maonero, kururama kwekunorara, uye kufunga kunenge kusingaenzane "kusina kunyarara" pakati pezvezvakanaka - inowanzogadzirira mwedzi mana kusvika gumi nemiviri, nechiratidzo chePAWS chinogona kuita kusvika pagore rimwe. Kana kuti mishonga yekuderedza kurwadzi iri chikomba, nguva yokuona kuti zvinhu zvanyatsogadziriswa inodaidzirawo paanenge ari kushandiswa mushonga iwezvo (Section 6) - ndicho chikonzero chimwe chete nekuda kwekushandisa iyo sarudzo pasina ruberekedzi.

KUZVINZWA

Kana uchiri kuine matambudziko mushure kwevhiki kana mavhiki maviri, hazvirevi kuti kufamba kwako kunovaka zvakare kuri kushoma. Chemutano chinonetsa serotonin zvekuti, uye chinoshanda kwenguva refu, chinoita kuti mwozo wepwere wemuviri utadze. Zvakaitika akadaro zvinotarisirwa, hazvirevi kuti chinhu chakangoitika zvakaipa.

Sezheni re4 - Zvaunenge Wakanga Watadza Kuitika.

- Kunenge nechinzvimbo chakaderera uye chakanyadzisa kupfuura kusiyana kwehutano hwekushandiswa kwezvinonyadza zvine simba, izvo zvinonzwisiswa nemamiriro ekushandiswa kwe serotonin.
- Kurwereka kwekunyara, dzimwe nguva nehunhu hwekurota hwakanyanya kana kusagadzikana sezvo kuenzwika kwezerotoni kuchinja.
- Mazuva ekutya kana kushushwa anogona kuuya uye kunenge wakanyanya kupinzwa nezvinhu zvinenge zvichikuitira, asi izvi ndiyo iyo PAWS (Post-Acute Withdrawal Syndrome) inoratidza, kwete kuti uine utano hutsva.
- Kana iwe waishandisa zvimwe zvinodhaka (ona iyo Sekitini 6), kuoma kwekusununguka kubva pa methedrone kunogona kuzotaurwa nemasungo ekusununguka kana miedzo inobva pazvimwe zvinodhaka - iyi ndiyo imwe shoko nekuti kufunga zvakanyatsogadzikana kuchidikanwa pano kupfuura munhaiviro yekubatsira yacho inozvimiririra.

Sezheni 5 - Kushingirira kweGeneti.

Jeni / Shanduko	Zvakakosha here nekubvisa zvinhu izvi?
CYP2D6	Vanhu vane metabolism yakaderera vanobvisa methedrone uye zvinhu zvinobva kubva pachayo zvakaderera, izvo zvinoreva kuti ngozi yekubatanidzwa ne serotonin uye yeMAOI inogona kupfuura nguva dzinofanirwa sezvakaratidzwe nemamiriro akajairika.
SLC6A4 (5-HTTLPR)	Mhando inogadzirisawo kuoma kwezviratidzo zvekukundikana kwecholamvu cheserotonini uye hunhu hweumwe munhu pakurwiswa nechirwere cheserotonini kana zvinhu zviviri kana dzimwe zvakanganiswa.
MAOA (uVNTR)	Chizvo chekushandiswa kweenzira dzinobva mumamiriro ekubuda kwezvinangwa zvakadai se serotonin, zvinogona kukanganisa kuti mamwe mashandisiro anowanikwa anotarisirwa kubva kuzvinhu zvakaita semethedrone kana zvimwe zvinoshandiswa pamwechete.
COMT (Val158Met)	Inodzora nzvimbo dzinobata dopamine mukurapwa kwekusununguka uye inounza maitiro ayo anodiwa ekubudirira mushure mekupora – ona bhuku rekufunda (Recovery Guide), chikamu che6.

⚠ CHENJERERO

Kana iwe uchiziva CYP2D6 yako uye uri wevanhu vanoshandisa zvinhu zvinodhaka zvakaderera kana kuti zvakananga, zvitongei zviri pachena kuvhisi rekudokotera ari kubatsira nekugumiswa kwemishonga yako kana uyo anonyangadza mishonga yako — izvi shandura nguva yenguva iyo dambudziko remushonga rinogona kuitika.

Sezheni 6 - Kushandiswa Kwemishonga Inenge: Zvakakosha Kuti Zvishandiswe Pamwe.

Iri basa ndiyo riri kuita kuti bhuku iri rive bhora rekubatsira, risiri chete paragrafu mumutsetse webhuku rekudzorerwa kwehutano. Mimwe yemamiriro anotsanangurirwa pazasi inogadzirisa zvaunofanira kuita pakarega zvinhu zvine hutano.

6.1 — Zvitoro zveSSRIs, SNRIs, kana zvimwe zvinodhaka kunonakidza.

⚠ YERAI.

Iyi ndiyo sarudzo huru uye yakakosha yekushandisa mishonga yezvinhu zvakawanda pamwe chete nejecha remethedrone. Kana iwe wakatorwa mushonga wekunyatsa mufaro uye uchiri kushandisa methedrone, usaite chero chinhu pachako nezve mishonga iyoyo — kurega kunyorera kwejecha remethedrone ndeimwe sarudzo; kurega kana kuchinja zvakanyanya mushonga wekunyatsa mufaro ndeimwe sarudzo iyo inonetsa uye ine ngozi yeko. Kuchinja zvese izvi panguva imwechete, pasina kubatana nemukoho, ndicho chiri kuita kuti vanhu vawande kushandiswa kwezvinonyadzisa zvakawanda kana kuti kurega kunyorera kwemushonga wekunyatsa mufaro uye zvese izvi zvinowedzerwa nezvakaitika apo munhu anenge akarega kunyorera kwejecha remethedrone.

Chinhu chakanaka ndokuzivisa, kwete kudzora zvamuri kuita: zvitonge daktari wenyu kuti maviri methedrone, uye zvikaitika nguva ipi. Izvi zvinogona kunetsa kuzvitaura, asi ndeizvozvo daktari anoda kuziva kuti agone kukubatsira zvine hungwariso panguva iyoyo - kusanganisira kana pane chikonzero chekushandisa temepodhuru, kufungidzira kwenguva pfupi, kana nguva chaiyo yekuona kuti unogona kudzoka kushandisa mishonga inobatsira serotonin.

6.2 — Zvimwe Zvinokonzera Kushanda Kana Cathinones (Mune Mamiriro Ekushandisa Zvinhu Zvinotevera uye Kuiswa Kwemidziyo Inodarika Imwe).

Methedrone dzimwe nguva inoshandiswa pamwe chete nemakemikari akawanda, senge cathinones, methamphetamine, kana GHB, mune zviito zve "chemsex" kana maperetti. Chimwe chinhu chega chega chinowedzera ngozi kune moyo uye kufunga, pasina zvimwe zvinofanira kutarisirwa. Kana izvi zvikataurirana nezvakaita kuita kwako, mirayiri ye "Recovery Kernel" inopa mashongororo ekubvisa methamphetamine neGHB mune zvigadziriro zvekuvhara iyi. Verenga mashongororo ayo akakosha pamwe chete nemushonga uyu panzwa kuti unogona kuwana rubatsiro rwese, pane kungoedza kubvisa methedrone chete.

6.3 — Doro uye Benzodiazepines.

Kushandiswa kwemwaka kana benzodiazepines kunogona kukwirisa zviratidzo zvepakutanga zvekubva nemishonga, kana zviratidzo zvekusimbiswa kwe-serotonin, zvichikanganisa kuziva kuti ngozi iri kuuya. Kana imwe yemhando iyi iripo muchitarisirwa chako, zvinokosha kuti uive wakazivisa chiremba chero upi waunogara achikutarisira — kune ngozi dzakakosha dzekuita kana ukarembedzwa kubva pa-benzodiazepine, uye dzinofanira kurongedzwa zvakasiyana, usina kuzvichengeta mumamiriro ekutaura nezvemethadone. Ona bhuku re "Benzodiazepine Forced Discontinuance" remutsetse uyu kana iri nyaya yakakosha.

6.4 — MAOIs (Zvakatorwa nemishonga kana zvimwe).

⚠ KUKURUWA KWEMWEDZI.

KUBHIKA METHERONE NEZVIYO ZVINODZIDZWA ZVE MAOI (SEZVAKADAI PHENELZINE, TRANYLCYPROMINE, KANA SELEGILINE) INOITA CHINJIRU CHAKAITIKA KEKUDZIDZA KANE KANOKONZHIRA UPORO. KANGODZIWA KWEKUTI IZVI ZVAKUITIRA IMI, IZVI HAZVISATI CHIYAMBO CHIBVIRISO CHECHIGUMBA CHIRI MUBHUKU IRI, PLAN YEKUDZISA, KANA KUONGORORA KWEMITSETSE. TAIRA DOKTARI AKABATA NAYO PAKADZIWA NEKUTI UNODYA METHERONE, KANGA UFUURE KUREPOSITORY KWECHIRERE NEMWEDziro WAKANGODZIWA KEKUDZIDZA KANA ZVIRATIDZO ZVE SEROTONIN SYNDROME ZVAKABURITSA MUSECTION 0.

Sezheni 7 - Shandisa Sarudzo yeMhando.

Zvaunoda kuti kupedza kushandisa chinhu zvine hutano kunoreva zvinosiyana zvakawanda zvinoenderana nezitauri yaanenge ashandisa methedrone — hazvose zvesarudzo dziri pano dzinoda rubatsiro runofananidzwa, asi zvekushandiswa kwezvimwe zvirovo zvekurapa sezvakaurwa muSection 6 zvinoshanda pasina kusiyana nezvinangwa.

Level	Chimhata.	Chii chinoiswa nemubvunzo uyu.
1 — Yekufemerwa	Kushandiswa kamwechete kana kaviri chete, pasina zvimwe zvinosanganisa ne serotonin.	Dzidzisa chiremba kana zvimhanya zvinotyisa zvaitika; zvikasadaro, maphakamiso emutsetse we"Recovery Guide" anogona.
2 — Inenge nyore nyore.	Kushandiswa kwezvezvinhu zvekufara nguva dzenguva, kazhinji zvinoitwa pamwechete kana pamafestivha.	Same as above, with closer attention to Section 6 if any co-used substances are part of the pattern
3 — Inenge yakajairwa/ Inenge ichikura.	Kushandiswa kwacho kunenge kuchimhanya kana kuti kunenge kuchinetesa zvakawanda munguva dzinoverengwa.	Kududzwa kuti chiremba ave nechokwadi usati madzike, kunyanya kuti ave kuzvionera kuti pane zvimwe zvinodhaka zvaunenge uine.
4 — Kune zvakabatana / Kushandiswa kwezvidonge zvekushisa.	Kushandiswa kazhinji, uye inenge ichishandiswa pamwe chete nemamiroro akawanda, GHB, kana kuti manheru anobatanidza serotonin.	Kunzwa zvakajairika kuti vese vanogadzirira uye vanobatsira vave nechiremba. Usazvimirire panguva imwechete kana makawanda pasina kubvumidzwa nevhithisa.

Section 8 - Dhizira Dzekurapa Dzekubvisa Zvinodhaka.

Iri denderi rinobatsira iwe kana munhu anokubatsira kuti uvatise zvinhu zvinofanirwa kuita pakurapa. Hapana mushonga wakaendeswa neFDA wekudzorerera kubva pa"methedrone" kana synthetic cathinone, uye - kusiyana nemarara emwedzi kana doro - hakuna maitiro akagadziriswa ekubvisa zvinhu mumuviri anozivikanamirirwa pachinhu ichi. Izvo zvinoreva kuti pfungwa yese yedokotera pamusoro pezvimwe zvinhu zvirimo mumuvakowo (Section

6) ndiyo yakakosha kwazvo pakubata kuti nhungwirika yekurapa inofanira kuita, uye ichi chinonyanya kufanira iwe.

⚠ YERAI.

Itaunganidzo iyi haizvitori mumiriririri yekushandiswa kwezvidonge zvakasiyana-siyana, nguva, kana mirairo yekubhadza methedrone, kana zvidonge zvimwe zvichishandiswa pakurapa kushanda kwacho. Izvozvi ndiyo musiyano urikukwana pakati pekuti "zvinhu zvakanzwisiswa" uye "izvi zvinogona kuitwa nevasina ruzivo, pasina kumbongorora," uye ndeumwe wezvikanganiso zvaanenge achiita vanhu. Chiremba kana mutsAchiri anoziva nezvekushandiswa kwezvidonge, achishandisa rondedzero yezvidonge iye ane, uye nhorondo yekushandiswa kwacho, ndiye anogona kupa mirairo yakakodzera.

Chii chaunoda kutora kumusangano iyu:

- Mubviro rezvose zvakangeiswa - zvinogona kuva zvekurapa, zvekunyoresa, uye zvekushandiswa kune vamwe vanhu - pamwe nezuva rekutapira kwezvose izvo.
- Iri dzinongedzwa muSection 5, kana muchina mhedzisiro yekutsvaga zvakakosha zvekugadzirwa kwemwoyo.
- Chikonzero chine ramangira zvimwe zvinoratidza, kunyangwa zvishoma kana kuti zviri pfupi, zvinonyanya kukosha pakutarisisa ngozi.
- Ndinoda kuti ndive nechokwadi chekuti zvinogona kuita.

Sezheni 9 - Mutemo Wekurudzirwa (Mushure kweKushanda).

Iri rese rinochita apo zvinhu zvekurapa zvaangoderedzwa (Rese 0), uye, kana zvichidikanwa, chiremba akatarisa kuti ari kushandiswa sei mishonga yese nemidziyo yose yaunonyorera.

Tier 1 — Biological Foundation

- 5-MTHF (folate inonyanya) - inobatsira mukugadzirwa kwezvinonyadzisa zvakabatana nekugadzirwa kwezvimwe zvinogona kushandiswa mumuviri.
- Magnesium glycinate - inobatsira kufara uye kunyatsogadzirisa midziyo yepamwoyo; ine ngozi shoma yekubatanidzwa nemamwe michepa.
- Omega-3 (EPA/DHA) - inokumbira kushandisirwa kunobatsira kuporesa matambudziko emwoyo uye mupfu, uye inozvishandisa zvakachengetedzwa.
- Kudya kweporotini zvakagara uye kuenzwika kwenguva yekudya - inoita kuti zvikwaniswe kugadzirwa kwezvimiro zvemuenzi uye kuchengetedzawo simba remwedzi, izvo zviviri zvine basa pakunyaradza mwoyo munguva yekuchokwadi kubva kunyanyadzo.

Tier 2 — Tsigadziko Tekutarisira Vamedyo uye Vanoita Zvido zvepfungwa.

Chero mamwe matanho ekushandisa mishonga, kusanganisira nekuti kana zvakakosha here kushandisa mushonga wekunonongedza utano hwekufara, kana kuti kana zvaunenge washandisa zvakare, kana kuti kana mushonga waunenge washandisa unoda kunge wakanyatsoongororwa - izvi zvinofanira kukurukidzirwa nemudokotori muenzaniso we8, kwete mukushandiswa kwezvimwe zvinogona kushandiswa. Iri nhamba yakagadziririrwa

kuti isaruramiswe mumamiriro ezvinhu akasiyana-siyana, nekuti zvakakosha kuziva nezvekudiwa kwezvimweni pakati pemishonga yose.

Tier 3 — Kudzorora Mivairo Nemamiriro Emuviri.

- Kurovedza kwekunyura mazuva ese - hazvifaniri kusiya, kunyanya nekuti nguva yechikoro iri refu, sezvakaurwa muSection 2.
- Kurofundo kwekurima kwemimwe mazuva, kunotangwa zvishoma nezvishoma - inobatsira pakudzoka kune zvinonzi dopaminergic uye serotonergic.
- Kutevera nguva yekuenda kunorara nekwekuzorora, kunyange kana mhando yekuzorora ichiri yakashata.
- Kudyidzana uye kuzivisa – kusavheneka uye kuchengeta zvazvo nezve kushandiswa kwechiedza chemishonga inoverutsa kunenge ngozi, kwete kungori matambudziko ekubudirira muchikomba.

Sezheni 10 - Kuziva Nyaya Dzekutapwa, Kuchenesa.

⚠ KUKURUWA KWEMWEDZI.

Tsvaga rubatsiro rwemhando yekutambudzika munguva yakadzika kana: kushungurudzwa kana kusavhunduka, mwoyo inogara ichimhanya, ropa rakawanda, maso akawedzera, kurasikirwa nezvinhu zvinonhuhwirira, kufamba kwevamuviri kana kunyatsopinda, kutonhora, uye temberedza yakaderera - zvakabatana, uye zvikati kureva kuti chiremba akaitawo mishonga inokonzera kushungurudzwa pamwe ne methedrone. Izvi zvinoshanda panguva yechiratidzo chekushandisa, uye kwemazuva mashoma ekupedzisira, nekuti methedrone inotora nguva ndeyakawanda kuti ibviswe mumuviri. Kana uchinzwa kunyanya kufara, kushungurudzika, uye kusagona kuroorera pasina zvimwe zvinoratidza - izvi zvinenge zvakajairwa sezvakanyorwa mune Inongwaro 2, uye unogona kutaurana nechiremba panguva imwechete, asi hazvifaniri kuita kuti uende kuchipatara.

Sezheni 11 - Mufananidzo Wemitambo Yekurapa Inogadziridzwa.

Kana zviri kuita kwamuri.	Ona.
Bhayo rekudzorerwa kwehutachiona hweiyo methedrone, uye zvakawanda zvekubereka nezvayo.	Recovery Kernel — Maitiro ekudzoka kubva kumweduro yeMethedrone (buku rekubatsira).
Kushandiswa kwemari ine imwechete nemaradhi.	Recovery Kernel – Mutero wekugumisa: Metamphetamine.
Kushandiswa kwemhando dzakasiyana dzechinhu zvine hutachiona pamwechete.	Recovery Kernel – Mutero wekugumisa: GHB.
Kushandiswa kwemishonga ye *benzodiazepine* pamwe chete nemimwe.	Recovery Kernel – Kusunungwa Kwemaitiro: Benzodiazepines.
Kugadzirisa kufa.	Main Compendium — Protocol 09, Dhizira Remutambo.
Kugadzirisa nharauwa yemamiriro ekudya /	Main Compendium - Protocol 05

Kana zviri kuita kwamuri.	Ona.
kudzikisira kuwana.	
Maitiro ekushandisa zvinhu zvinokonzera kushungurudzika.	Main Compendium — Protocol 28 (C-28)

Sezheni 12 - Kupedza.

DZAKAMAHARA

Chinhu chinonyanya kusiyana nezvimwe zvakawanda zvemazano aya pamusoro pekukanda methedrone ndezvekuti, kunyange kupera kwezvinangwa hazvitsvene sezvakaita kumamwe masosi, asi kuti zviite zvakanaka, inoda hurukuro hwepakati uye yose nezvezvimwe zviri mumuviri wako, zvaunenge watambiswa kana zveimwe. Iro hurukuro iroro rinogona kunzwa sekuti ndiro rakanyanya kuoma. Uye ndeiro yekudaro inonyatsove shanduko yakanaka unogona kuita pano. Chiremba ane ruzivo rwese anokwanisa kukubatsira kuti uende zvine hutano. Chiremba anoshanda nepfungwa diki haakwane—asiri nekuti asina kugona, asi nekuti ruzivo runoshanduka nharaunda harisipo. vekwazvo.

KUGUMA KWENHARA YEKUCHENESA: METHEDRONE

Chigadziko chekudzivisa ngozi - Haisi mashoko ekurapa - Haisi chinhu chinosimbisa hutano hwekurapwa.

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357